

Nutritional Information for CHIX POPCORN HMSTYL BRD FC 6-5# COMM

Product Number:	344160
Description:	AP Chicken Popcorn Bites, Tyson/ Commodi

Nutritional Information			
Serving Size 12 Pc (87 g)			
Amount Per Serving			
Calories 220		Calories from Fat 117	
% Daily Value			
Total Fat	13 g	20%	
Saturated Fat	3 g	15%	
Trans Fat	0 g		
PolyUnSat	5 g	n/a	
MonoUnSat	5 g	n/a	
Cholesterol	30 mg	10%	
Sodium	240 mg	10%	
Potassium	n/a	n/a	
Total Carbs	15 g	5%	
Dietary Fiber	1 g	4%	
Sugars	0 g	n/a	
Protein	10 g	20%	
Vitamin A -	2%	Vitamin C -	0%
Calcium -	2%	Iron -	8%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
3.85oz (16 each)		Vitamin D	n/a
Meat/Meat Alternative	2.00 oz	Vitamin D	n/a
Fruit/Vegetables	0.00 cup	Vitamin E	n/a
Grain/Bread	1.25 srv	Vitamin K	n/a
Child Nutrition Label	Yes	Vitamin A	100 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	20 mg
Vitamin C	0 mg	Iron	1 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a